

3 Steps to Help Prevent Lead Poisoning!!



Step 1: Get your children tested!

- All children, six and under, should be tested once a year for lead poisoning.
- Ask your child's physician about testing.

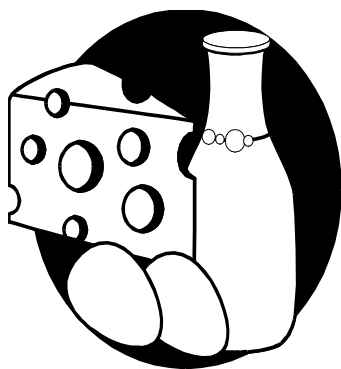
Step 2: Clean, Clean, Clean

- Wet mop floors, wipe furniture and window sills with a damp cloth every week.
- Wash children's hands, pacifiers and toys often.
- Keep children away from peeling paint.



Step 3: Fix healthy meals.

- Feed children food high in iron and calcium, like:
 - Liver, beef or other lean meats
 - Spinach or greens
 - Dried beans or other vegetables
 - Raisins or peanuts
 - Orange juice or WIC approved juices
 - Milk, cheese yogurt or ice cream



Find out more! Call the Louisville Metro Health Department Childhood Lead Poisoning Prevention Program at: 574-6644

